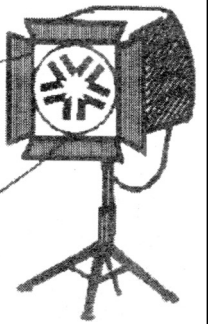


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XVII, ISSUE 6

A newsletter for D.C. Seniors

June 2002

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Last month we celebrated Older Americans Month with the ribbon cutting ceremony and opening of our Congress Heights Senior Wellness Center. Throughout the month of May we co-sponsored informational, educational and stimulating activities and programs for and about older Americans and older Washingtonians. We share some picture highlights with you in this issue.

For caregivers of seniors, we are inviting you to "take a break on us." Many of our seniors are caring physically, emotionally and financially for other seniors. Some are caring also for grandchildren or other minor children in their family. A weekend getaway for caregivers and a grand weekend on the Potomac at the United Generations Camp are two opportunities for respite from caregiving responsibilities. Early reservations are encouraged.

Also in this issue, we introduce a new program about HIV/AIDS, a growing health care problem in the senior community.

During the month of June, we celebrate Father's Day and Men's Health Week. Let's do all we can to encourage healthy lifestyles and habits. A happy Father's Day is a healthy Father's Day and a Happy Men's Week is a well Men's Week.

### Poll Workers Needed

The D.C. Board of Elections is seeking people to work at the polls during the D.C. Primary on September 10 and on the general election day, November 5. Any D.C. resident who is a registered voter can apply.

Training is required of all poll workers, with classes provided by the Board of Elections staff. Poll worker hours are from 6:15 a.m. to about 9 p.m. on Election Day and approximately two to three hours on the Monday before the election. Election Day workers are paid a stipend of \$100 and will be assigned to a polling place as close to their homes as possible.

Contact the Board of Elections at 202-727-2525.

## HIV Prevention Program for People over 50

Barney Neighborhood House, an Office on Aging Senior Service Network lead agency, has begun a new program to raise the awareness of elder residents about the prevention and transmission of sexually transmitted diseases and HIV/AIDS. The Program is funded by the Department of Health, Administration for HIV/AIDS.

According to the National Institute on Aging, 10 percent of all new cases of AIDS are diagnosed in people 50 years of age and older. That number represents more than 75,000 Americans.

The number of older women with HIV/AIDS, regardless of race, is on the rise. Over a recent five-year period, the number of new AIDS cases in women age 50 and older increased by 40 percent. Two-thirds of the women got the virus because they had sex with infected partners, and nearly one-third got HIV because they shared needles.

HIV (Human immunodeficiency virus) is a virus that kills cells in your immune system, the system that fights diseases. Once your immune system is weakened to the point where you can get certain types of life-threatening diseases, infections and cancers, you have what is called AIDS or acquired immunodeficiency syndrome.

AIDS is the most advanced stage of HIV infection. If there's any chance that you might

be infected with HIV, you should be tested, because now there are drugs you can take to help your body keep the HIV in check and fight against AIDS.

The National Institute on Aging adds that many people do not have any symptoms when they are first infected with HIV. It can take as little as a few weeks for minor flu-like symptoms to show up or as long as 10 years or more for more serious symptoms.

Symptoms can include headache, chronic cough, diarrhea, swollen glands, lack of energy, loss of appetite and weight loss, frequent fevers and sweats, frequent yeast infections, skin rashes, pelvic and abdominal cramps, sores on certain parts of your body, and short-term memory loss. People age 50 and older may not recognize HIV symptoms in themselves because they think what they are feeling and experiencing is part of normal aging.

### How can you get more information?

Through the Barney Neighborhood House HIV Prevention program, seniors can attend workshops designed to provide information and life skills to assist in changing at-risk behavior that leads to the transmission of HIV.

One workshop, designed for women, is called Sexy and Sassy after 50. A workshop for men is titled Shop Talk. The workshops can be scheduled at senior centers around the District.

*The workshops cover the following areas:*

- Testing on knowledge, skills, attitudes and beliefs before the session
- Myths and mysteries of sexuality after 50
- The changing female and male body
- Discussion about STD including HIV/AIDS
- Drugs that interfere with sexual function
- Interactive activities and demonstrations on how to be safe
- Local resources
- Question and answer period
- Testing on knowledge, skills, attitudes and belief after the session
- Completion of workshop evaluations

*At all educational sessions, confidential and anonymous HIV-antibody counseling and testing is offered. For more information, please call 202-939-9011.*



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## June Events

### 6th • Noon

Ward 6 Town Hall Meeting with Mayor Anthony Williams, Calvary Episcopal Church, 820 6th St., N.E. Refreshments will be served. For more information regarding the itinerary, contact Brenda at the United Planning Organization, 202-610-0466.

### 6th & 20th • 1 to 3 p.m.

IONA's Reminiscence Group meets for a presentation and discussion on a variety of topics on the first and third Thursday of every month. Contact Sean Hall at 202-895-9462 or e-mail: SHall@iona.org for additional information.

### 7th, 14th, 21st, 28th • 11 a.m. to noon

The ongoing Parkinson's Support Group offers support to people (particularly seniors) with Parkinson's disease, providing the opportunity to share concerns about this chronic illness and the challenges, changes and losses it creates. The group will be meeting at 4125 Albemarle St., N.W. It's led by IONA social worker Deborah Rubenstein and Leon Paparella of the Parkinson Foundation of the National Capital Area. Pre-registration is required. To register, call 202-895-0249 or e-mail: DRubens@iona.org.

### 10th, 17th, and 24th • 11 a.m.

It's sign time. Learn the alphabet in sign language at the Phillip T. Johnson Senior Center at 4323 Bowden Road, S.E. For details, contact Robinette Livingston at 202-398-5948.

### 10th • 10:30 a.m. to noon

Stroke Support Group for stroke survivors and caregivers meets to share experiences dealing with the long-term effects of stroke. For information, please contact Christine Jackson at 202-895-9455 or Daria Shumaker at 202-895-9463.

### 14th • 11 a.m.

Enjoy a free performing arts show for seniors with the United Planning Organization. This event will be

held at Arthur Capper Senior Building, 601 L St., S.E. For more information, contact Brenda at 202-610-0466.

### 16th • 11 a.m.

Community Caregiver's Father's Day Prayer Brunch. Four men in the community will be honored for the way in which they have nurtured, empowered, advocated for and supported the participants and staff of the Phillip T. Johnson Senior Center. It will be held on site, 4323 Bowen Rd, S.E. For further information, contact Robinette at 202-398-5948.

### 17th • 9 a.m.

Go to Dover Downs with Columbia Senior Center and spend the day at the slots. Donation of \$10 with buffet lunch. For more information, call Monica at 202-328-3270.

### 19th

Attend a "Brain Aerobics" class at the Senior Citizens Counseling and Delivery Service Center, 2451 Good Hope Rd., S.E. Tips will be given on how to stimulate and maintain a sharp mind. For more information contact Andrea at 202-678-2800.

### 19th • 11:30 a.m. to 2 p.m.

D.C. Parks and Recreation, Specialty Programs Division, Senior Services Branch is hosting a senior boat ride. For a donation of \$21 you will sail out on the Spirit of Washington, 6th St., S.W. Pier 4. For more information about this event, call 202-282-0753.

### 19th • 5:30 to 7 p.m.

"The Spirituality Of The Volunteer: Preventing Burnout" and "The Relationship Of Spirituality And Health" will be presented by the Reverend Bruce G. Epperly, Ph.D., theologian, educator, and author. Dr. Epperly will address ways to balance society's health craze with healthy spirituality. This class is designed for congregation members who are involved with visitation to older, homebound members. There is no fee for attendance, but registration is required. Call Susan Roach 202-895-9414 or e-

mail: SRoach@iona.org. The class is held at IONA, 4125 Albemarle St., N.W. Made possible by grants from the Robert Wood Johnson Faith in Action program and from the Sieben Foundation.

### 20th • 11 a.m.

Enjoy a free performing arts show for seniors with the United Planning Organization. This event will be held at St. Monica's Episcopal Church, 1340 Massachusetts Ave., S.E. For more information, contact Brenda at 202-610-0466.

### 24th and 26th • 6 to 9:30 p.m.

IONA Senior Services volunteer training. Find out what you can do to make life better for a fellow senior citizen. IONA has volunteer positions in all areas, including visiting, working in its clubs and day health center, driving members to and from groups, clubs and doctor's appointments, and many more. Time commitments start as little as an hour a week. For more information, please phone Alena Biagas, IONA Senior Services volunteer program coordinator, at 202-895-9425 or e-mail: ABiagas@IONA.org

### 25th • 1 p.m.

Columbia Senior Center presents a summer concert. Join in this wonderful, joyful event at 1250 Taylor St., N.W. Call Monica for more information at 202-328-3270.

### 28th

21st Annual Senior Summerfest. Great food, live entertainment, games, health screenings and dancing at the Panorama Room. For more information, contact Nichole at the Model Cities Senior Wellness Center, 1901 Evarts St., N.E. or call 202-635-1900.

## Ongoing

### Mondays & Wednesdays • 5:30 to 6:30 p.m.

Join the Columbia Senior Center for cardio-interval exercise classes for men and women. The center is located at 1250 Taylor St., N.W. For more information, call Monica at 202-328-3270.

## Witness the selection of Ms. Senior D.C. 2002

**Sunday, June 30 • 2:30 PM**  
University of the District of Columbia  
Main Auditorium, Building 46  
4200 Connecticut Avenue, N.W.

Contestants will compete on their philosophy of life, talent, evening gown competition and a personal interview with the judges.

**Tickets are \$12**  
For more information, call:  
**202-832-4970**

## Are You a Primary Caregiver for a Child?

The D.C. Office on Aging and D.C. Parks and Recreation would like YOU to spend — **free of charge** — a **GRAND** week on the Potomac at the United Generations Camp at Camp Riverview in Scotland, Maryland August 5-9, 2002

To attend the camp, you must:

- Be at least 60 years of age and a D.C. Resident.
- Be the primary caregiver of a child 18 years of age or younger.
- Live with the child in the District of Columbia.
- Have a legal relationship to the child, or be raising the child informally.
- Be a relative by blood or marriage.

For more information, contact the Senior Citizens Program Office at 202-282-0753 or 202-282-0754.

## Weekend Getaway for Caregivers

*Sponsored by the Institute of Gerontology,  
University of the District of Columbia*

Are you a caregiver to someone 75 years of age or older? Would you like a **FREE** weekend away from caregiving during the months of June, July or August 2002?

The Institute of Gerontology will provide care and housing for the person for whom you care for one weekend: either a Friday and Saturday night or a Saturday and Sunday night.

For additional information, call **202-274-6697** or **202-274-6616**.

## SPOTLIGHT ON AGING

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## D.C. OFFICE ON AGING NEWSLETTER

# A Happy Father's Day is a **Well** Father's Day

*Men excited about wellness**Seminars on wellness**Praying for wellness**Men waiting for wellness**The Ribbon is cut at the Congress Heights Senior Wellness Center*



D.C. OFFICE ON AGING NEWSLETTER

Wellness: mind, body, spirit and fitness

The Mayor is ready for wellness



Men working for wellness

Claude Allen, DHHS, supporting wellness

Men's **Health** Week is June 10-16